Kanandah Kapers September 2023

Kanandah, 21 Douro Street, 0263786400



Editor's Desk

Hello Residents, Families and Friends!

In the month of August, the men and women enjoyed a day out for lunch at Mudgee Golf club all residents enjoying a Chinese meal and watching the golfers walk around the green.

Thank you to Polly for organizing the fish and chip days for a small group of our Kanandah residents.

Keep Safe!

Georgie and the RAO team



September Trivia

More people are born in September than any other month! Which means that September babies were conceived in the December holiday period... ©

Zodiac signs: Virgo & Libra Birthstone: Sapphire Flower: Morning Glory

Quote of the Day

Without music, life is a journey through a desert.

-Pat Conroy

Upcoming Events



Wattle Café 12th all Day

Resident's Meeting

Monday 25th and Tuesday 26th

Armchair Travel

Tuesday 12th ,2.00pm

U3A Boot scooting

18th Tuesday 2.00pm

High Tea

Tuesday 26th 200pm

Regular Events

Church services 1st, 3rd and 4th Friday of the month Hairdresser every Wednesday Bingo! Monday and Friday.





Special Days

7th Brazilian Independence

10th Assisted Living Week

12th Chocolate Milkshake Day

15th Rosh Hashanah

16th Mexican Independence

16th Oktoberfest

19th Talk Like a Pirate Day

21st International Peace Day

21st World Gratitude Day

22nd Native American Day

25th Comic Book Day

28th Confucius' Birthday

30th World Maritime Day



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Но	stel I	Progr	am	10.00 1 Exercises 11.00 Church 2.00 Bingo	Puzzles 2 Reading Walking in the garden	Movies 3 Newspaper reading Knitting
Men's 4 Father's Day BBQ	10.00 5 Exercises 11.00 Games 2.00 Bingo	Morningtea in 6 the cafe	10.00 7 Exercises 11.00 bowling 2.00 Art and craft	10.00 8 Exercises 11.00 Darts 2.00 Bingo	Movies 9 Gardening Bird watching	Reading 10 Movies walking
10.00 11 Exercises 11.00 Cards 2.00 Bingo	10.00 12 Exercise 11.00 Golf 2.00 Armchair travel	Morningtea 13 in the cafe	10.00 14 Exercises 11.00-word games 2.00 Sing along	10.00 15 Exercises 11.00 cup ping pong 2.00 Bingo	Oktoberfest 16 Newspaper reading Walking Music	Movies 17 Games Magazine reading
10.00 18 Exercises 11.00 Games 2.00 Bingo	10.00 19 Exercises 11.00-word games 2.00 Boot scooting	Morning tea 20 in the café.	10.00 21 Exercises 11.00 Golf 2.00 men's club	10.00 22 Exercises 11.00 Church 2.00 Bingo	Movies 23 Walks in the garden. Knitting	Colouring 24 Picking flowers Movies
10.00 25 Exercises 11.00 Consumers meeting 2.00 Bingo	10.00 26 Exercises 11.00 Residents meeting 2.00 Ladies high tea	Morningtea 27 in the cafe	10.00 28 Exercises 11.00 Art and craft 2.00 Bingo	10.00 29 Exercises 11.00 Church 2.00 Happy hour and birthday party.	Games 30 Paper reading Garden and bird watching.	



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

D	C	ourc	Pr	ogra	am	Art 1 Sensory cooking	Walks in the 2 garden. Bird watching Music
Sunday church Birthday party	3	Sensory 4 Flower arranging Walks in the garden.	Morningtea 5 in the garden Phrase game Balloon throw	Reading 6 session Animal videos sensory	Group 7 discussions exercises sensory	Karaoke 8 Puzzles drawing	Games 9 Music Balloon throw
Armchair travel to Greece art	10	Walks in 11 the garden. Reading games	Morning tea 12 in café Walks in garden. Movie	Poems 13 Karaoke puzzles	Reading 14 Animal Videos sensory	Sensory 15 Flower arranging Music	Oktoberfest 16 art Happy hour
Sunday church Hand massage	17	Respect the 18 Aged Day (Japan) History readings in Japan	Painting 19 Pirate stories Movie	Bird 20 watching Reading Balloon throw	Peace Day 21 Quotes of the day music	Group 22 discussions Exercises Sensory	Autumn 23 Morning tea in garden Karaoke drawing
Hand and and and and and and and and and	24	Birthday 25 party Group discussions	Phrase 26 games Reading One on Chats	Poems 27 Puzzles Balloon throw	Sensory 28 Music Flower arranging	AFL Grand 29 Final watch on TV Happy hour	Walks in garden. Puzzles art

September Birthdays

In September, we celebrate birthdays with:

- Beulah
- Louise
- Daisy
- June
- Elizabeth
- Shirley R
- Helen
- Val
- Lynette

Please join us.

in September to celebrate!



Freddie Mercury, Musician, 5th September 1946
Buddy Holly, Musician, 7th September 1936
Peter Sellers, Actor, 8th September 1925
Agatha Christie, Writer, 15th September 1890
Lauren Bacall, Actor, 16th September 1924
Lance Armstrong, Cyclist, 18th September 1971
Stephen King, Author, 21st September 1947
Andrea Bocelli, Singer, 22nd September 1958
Bruce Springsteen, Singer, 23rd September 1949
Michael Douglas, Actor, 25th September 1944

Virgo (Aug 22 - Sep 22)

Logical, practical, and systematic in their approach to life. Perfectionists at heart.

Libra (Sep 23 - Oct 22)

Often considered the nicest and most charming personality in the world!

September in History: Teenagers Unearth Stunning Prehistoric Art

In September 1940, a group of teenagers stumbled upon the awe-inspiring Lascaux Cave paintings in France. These ancient artworks, dating back around 17,000 years, showcase a mesmerizing array of animals and intricate details.

Poem to Share



Music

When music sounds, gone is the earth I know, And all her lovely things even lovelier grow; Her flowers in vision flame, her forest trees Lift burdened branches, stilled with ecstasies.

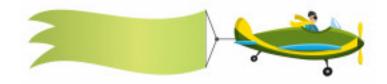
When music sounds, out of the water rise
Naiads whose beauty dims my waking eyes,
Rapt in strange dreams burns each enchanted face,
With solemn echoing stirs their dwelling-place.

When music sounds, all that I was I am
Ere to this haunt of brooding dust I came;
And from Time's woods break into distant song
The swift-winged hours, as I hasten along.

- Walter de la Mare



Noticeboard



NEW RESIDENTS

A very warm welcome to:

We hope that you enjoy your time here!

NEW STAFF

A warm welcome also foes to the people who joined our team in the past few months!

We hope that you enjoy your time here!

IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- Ed
- Marie

CONTINUOUS IMPROVEMENT

Residents, families, and friends are reminded that there are a number of avenues available for you to express your views, suggestions and complaints.

There are feedback forms available outside the Activity Room. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

CAN YOU CONTRIBUTE?

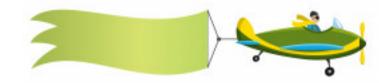
Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems, and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to reception or email us anytime.

Thank you!

Noticeboard



LIBRARY SERVICE

We have a mobile library service that delivers & picks up library books to resident's rooms. If you would like this service, please talk to a staff member.

HAIRDRESSER

We have a hairdresser who attends every Wednesday. If you would like an appointment please talk to reception or ask a staff member to write your name down in the hairdressers book.

CULTURAL CELEBRATION

In the month of September we celebrate Fathers day and . Watch your calendar for related activities in the recreation room.

THANK YOU

We would like to thank our new volunteer Gai for helping Kanandah with the lunch outings and activities on Tuesdays and Fridays. We would also like to thank Marica and Sandra for helping us with the shopping. Over the coming months there will be more Volunteers joining the team.

WATTLE CAFÉ

Wattle Café is selling Milkshakes and all sorts of sweets come on down and enjoy the atmosphere.

Monday to Friday 9.00am to 3.00pm

Laughing Matters



Here's a few music-inspired jokes to keep you laughing... or groaning!

How do you fix a broken tuba? With tuba glue!

What musical key do cows sing in? Beef flat.

What's the difference between a piano and a fish? You can't tuna fish!

Why did the pianist keep banging his head against the keys? He was playing by ear!

What type of music are balloons afraid of? *Pop music!*

What key do you get when you drop a piano down a mine shaft? A flat miner.

What type of songs do planets sing? *Nep-tunes!*

Why did the singer climb a ladder? *To reach higher notes!*

What do you get when you cross a sweet potato and a jazz musician? *A yam session!*

Why was the musician arrested? Because she got in treble!

Word Search CLASSICAL MUSIC



S	F	P	R	L	1	Н	V	1	0	L	1	N	М
C	М	Z	1	D	K	F	V	T	Ν	N	X	Α	C
D	E	C	C	Α	J	U	R	1	R	J	В	Z	E
C	L	Α	R	1	N	E	Т	0	V	М	L	E	L
X	0	В	R	Т	C	0	Н	В	L	Α	L	Z	L
U	D	В	E	N	Y	Н	T	Y	Q	В	L	Y	0
F	Y	В	0	E	C	L	0	1	М	Н	J	D	Н
Α	P	C	М	N	Т	P	Α	E	М	М	Α	X	-1
N	W	S	E	0	М	Н	S	R	V	P	D	R	J
F	0	R	T	E	Z	N	0	Α	G	N	Α	L	P
A	F	Ν	T	Y	E	Α	D	V	R	0	G	N	G
R	V	D	W	Y	E	F	R	Н	E	F	1	P	-1
E	Q	U	Α	R	Т	E	Т	T	K	N	0	C	1
0	Ε	Р	L	F	L	U	Т	Ε	0	W	Υ	F	- 1

Violin	Timpani	Piano	Cello
Flute	Clarinet	Tempo	Forte
Adagio	Fanfare	Ensemble	Largo
Quartet	Beethoven	Vivaldi	Harp
French Horn	Concerto	Melody	Mozart